

# Not all cancers can be prevented, but adopting healthier habits can decrease your risk for some cancers.

## Build healthy habits by:



Eating a colorful variety of vegetables, beans, fruits, whole grains, fish, and poultry.



Avoiding red or processed meats, sugary snacks and drinks, and processed refined grains.



Alcohol should not be consumed or should be limited to two drinks per day for men and one drink per day for women.

## Moving for...



150-300  
minutes of  
moderate activity

or



75-150  
minutes of  
vigorous activity

each week can prevent  
some cancers.



Wearing sunscreen with SPF 15 or greater can help prevent cancers of the skin.



HPV and Hepatitis B vaccines can help prevent cancers of the head, neck, cervix, and liver.



Quitting smoking can decrease your risk for cancer in lung, mouth, throat, esophagus, kidney, cervix, liver, bladder, pancreas, stomach, colon, and rectum.



Maintaining a healthy weight can prevent cancers like breast, uterine, rectum, esophageal, pancreatic, liver, kidney, and colon.

**18%** of cancers are related to obesity, lack of exercise, drinking alcohol, and poor nutrition according to the American Cancer Society.



CancerBridge